

1995

1995 Northern Iowa Track & Field (Women's)

University of Northern Iowa

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you think it, you practice it, you run it, you energize it, you push it, you jump it, you break records, you fly

1995
Northern Iowa
TRACK & FIELD

This is Northern Iowa

A campus-wide commitment to great teaching lies at the heart of the University of Northern Iowa's reputation for providing exceptional undergraduate education, as well as complementary programs at the master's, specialist's and doctoral levels. Building on its historic strength in teacher education, the University has developed a number of outstanding programs in business, natural sciences, humanities and fine arts, and social and behavioral sciences.

Northern Iowa prides itself on providing a student-centered educational experience. The University's medium size allows it to offer the faculty, facilities and academic choices of a major university, while retaining a friendly, small college atmosphere. Small classes enable the University to foster one-on-one working relationships between faculty and students. More than 90 percent of UNI's classes have 50 or fewer students.

Students enter the University well-prepared, demonstrated by their selection of high school courses and rank in class. In recent years, over 90 percent of the entering freshmen ranked in the top 50 percent of their high school classes, with about 60 percent ranking in the top 30 percent. The average undergraduate arrives at UNI with an ACT score of 23.

U.S. News and World Report has recognized the University by ranking it 13th among 119 Midwest regional colleges and universities. The magazine also named UNI the Midwest's most efficient regional university. Northern Iowa also was cited in 1994 as the second best value among Midwest regional universities.

The College of Business Administration has become the largest undergraduate business school in Iowa. The College's Department of Accounting is ranked among the 10 best in the country by educators and accounting professionals. In a national survey of 400 accounting faculty, Northern Iowa ranked as one of their top programs.

Considered a long-time leader in the field of teacher education, UNI has implemented several programs that continue this tradition of excellence. The Regents' Center for Early Developmental Education is a leading setting for research and training in the education of young children. The Center is the only educational resource of its kind in Iowa.

Northern Iowa's 19 men's and women's intercollegiate athletics programs compete at the NCAA Division I level with major conference affiliations. The Panthers boast a nationally recognized coaching staff to maintain consistently competitive programs.

The Northern Iowa campus combines the grandeur of early 1900s architecture with striking, modern building designs that have characterized an impressive growth period over the past dozen years. The attractive, park-like campus contains more than 40 major buildings on 861 acres, yet is compact enough to cross in a 10-minute walk.

UNI is located in Cedar Falls, an inviting and historic community of about 35,000 people. Together with the adjacent city of Waterloo, the metropolitan area has a culturally diverse population of 105,000 and combines big city opportunities with small town friendliness. Cedar Falls/Waterloo is a center for industry, finance, commerce, recreation and cultural activities for northeast Iowa.

The University was founded in 1876 and is one of three state-assisted universities administered by the Iowa State Board of Regents. Additional private support is provided by the UNI Foundation and Northern Iowa Alumni Association, representing more than 65,000 alumni in the United States and other countries.

Northern Iowa at a Glance

Location: Cedar Falls, Iowa 50614
Founded: 1876
Enrollment: 12,500
Nickname: Panthers
Colors: Purple & Old Gold
President: Dr. Constantine Curris
Athletic Director: Chris Ritrievi
Home Facility: UNI-Dome (16,400)
National Affiliation: NCAA Division I
Conference: Missouri Valley
Head Track & Field Coach: Lea Ann Shaddox
Assistant Coach: Terri Soldan
Office Phone: (319) 273-6157
Sports Information Director: Nancy Justis
Office (319) 273-6354
Home (319) 277-3631
Assistant SID: Kevin Kane
Office (319) 273-3642
Women's Track & Field Contact: Marci Watson
Office (319) 273-3642



1995 Roster

Name	Event	Yr.	Hometown/High School
Jennifer Bradford	Distance	Jr.	Guthrie Center, IA/Guthrie Center
Brandy Bramblette	Middle Distance	Sr.	Cedar Falls, IA/Cedar Falls
Monica Carlson	Distance	Fr.	Coggon, IA/North Linn
Keri Clevenger	Distance	Fr.	Wilton, IA/Wilton
Rhonda Eiben	Sprints	So.	Sigourney, IA/Sigourney
Brenna Fleishman	Hurdles	Fr.	Carlisle, IA/Carlisle
Shannon Fordice	Hurdles/Sprints	Fr.	Dysart, IA/Union
Rhonda Fuller	Sprints	So.	Muscatine, IA/Muscatine
Amy Goodlaxson	Sprints	Fr.	Guthrie Center, IA/Guthrie Center
Sandra Griswold	Sprints	So.	Council Bluffs, IA/Lewis Central
Keri Hamilton	High Jump	Sr.	Cedar Falls, IA/Cedar Falls
Jenny Jackson	Middle Distance	Fr.	Cedar Rapids, IA/Jefferson
Dianna Leftridge	Long Jump/Triple Jump	Jr.	Waukee, IA/Johnston
Laura Little	Middle Distance	Jr.	Des Moines, IA/Roosevelt
Amanda Long	Sprints	Fr.	Iowa City, IA/City
Kendra Lutz	Sprints	So.	Lena, IL/Lena-Winslow
Theresa Lux	Sprints	Sr.	Salix, IA/Westwood
Jacquelyn Merkwan	Sprints/Throws	Jr.	Early, IA/Schaller-Crestland
Krista Moenk	Sprints	Fr.	Troy Mills, IA/North Linn
Emily Montgomery	Middle Distance	Jr.	Woodbury, MN/Woodbury
Heather Muilenburg	Distance	Fr.	Hospers, IA/MOC-Floyd Valley
Amy Oleson	High Jump	So.	Dubuque, IA/Senior
Carmen Osier	Hurdles/Sprints	Fr.	Cedar Rapids, IA/Washington
Melissa Otdoerfer	Middle Distance	So.	Strawberry Point, IA/Starmont
Janna Riso	Sprints	So.	Council Bluffs, IA/Lewis Central
Kayla Sanders	Hurdles	Fr.	Iowa City, IA/City
Cindra Schelling	Distance	Fr.	Sheldon, IA/Sheldon
Denise Schmitz	Sprints	So.	Sumner, IA/Sumner
Heather Sellers	Sprints	Jr.	Chariton, IA/Chariton
Kendra Stannard	Long Jump/Sprints	Fr.	Cedar Rapids, IA/Washington
Heather Starr	Distance	Fr.	Onslow, IA/Midland
Charlene Sundermann	Sprints	So.	Algona, IA/Garrigan
Michelle Surber	Sprints	So.	Woodbine, IA/Woodbine
Megan Wagner	Distance	Fr.	Cascade, IA/Cascade
LaKeshia Williams	Long Jump/Sprints	Fr..	Cedar Rapids, IA/Jefferson
Stacie Winter	Distance	Fr.	New Hampton, IA/New Hampton

Head Coach - Lea Ann Shaddox (Northern Iowa '77)

Assistant Coach - Terri Soldan (Iowa '83)



1995 Panthers: front row (l-r) - Cindra Schelling, Sandra Griswold, Melissa Otdoerfer, Theresa Lux, Jackie Merkwan, Heather Sellers, Michelle Surber, Rhonda Eiben, Keri Hamilton, Amy Oleson, Denise Schmitz and Keri Clevenger; middle row (l-r) - Stacie Winter, Kendra Stannard, Kendra Lutz, LaKeshia Williams, Kayla Sanders, Brenna Fleishman, Carmen Osier, Amanda Long, Janna Riso, Dianna Leftridge, Krista Moenk and Megan Wagner; back row (l-r) - Heather Muilenburg, Brandy Bramblette, Laura Little, Kayo Sakaue, Alma Rodriguez, Monica Carlson, Jenny Jackson, Heather Starr, Alisa Digby, Amy Goodlaxson, Rhonda Fuller, Shannon Fordice and Jennifer Bradford. Not pictured - Emily Montgomery and Charlene Sundermann.

1995 Outlook

Anything's possible this year in Pantherland! That's the feeling spreading around the Northern Iowa campus as the 1995 track & field season begins.

After coming off a successful season a year ago in which experience was the key, Panther head coach Lea Ann Shaddox must use a different approach towards this year's team . . . hard work.

Sixteen new faces are among the 38-member squad which leads to an exciting path on this year's journey. "I'm really excited about these freshmen," Shaddox said. "They bring enthusiasm and new challenges."

Some of those challenges include trying to fill the shoes of national standout Shantel Twiggs. Twiggs, a two-time Drake Relays champion and an eight-time NCAA qualifier, holds nearly every school record in the sprints. She was a two-time all-American indoors in the 55-meter dash and finished her career as the holder or co-holder of 11 school records.

"We lost Shantel, but she's still training with us," Shaddox added. "She has a lot of knowledge she can share with the young athletes."

But Twiggs wasn't the only Panther who dominated the headlines. Dianna Leftridge surpassed early expectations after transferring from Iowa State and excelled especially in the long and triple jumps. The junior from Waukee, Iowa, set and broke her own school records in the long jump and triple jump throughout the season, and qualified for the NCAA Championships. In 1995, she will be looking to break her own school records in both events.

A trio of sophomores who earned all-conference honors a year ago returns for '95 with their sights set on conference titles. Rhonda Eiben, Denise Schmitz and Amy Oleson enjoyed success in their first year of collegiate competition.

Eiben, a state champion in the 100, 200 and 400 in high school, will be a key, particularly in relay events. She held the top Panther time last season in the 400 meters, along with being a



Dianna Leftridge

part of the strong 4x100-meter team. Schmitz also was a contributor on the record-breaking relay teams, including the 4 x 100 and 4 x 200. Oleson is the Panthers' top returning high jumper with a leap of 5-6, with senior Keri Hamilton following closely.

Among the Panthers' other top sprinters are senior Theresa Lux, who also earned all-conference honors, and junior Heather Sellers. Freshman LaKeshia Williams and sophomore Michelle Surber also are expected to be top contributors.

The Panthers should be strong in the distances once again with the quartet of Emily Montgomery, Jennifer Bradford, Brandy Bramlette and Laura Little leading the pack. Montgomery, the Panthers' top cross country runner, is coming off yet another strong season in which she finished 12th overall in the MVC cross country championships. Bradford recorded UNI's top times in the mile and outdoor 3,000 meters a year ago while Little is coming off a solid cross country season.

Cindra Schelling is the most heralded freshman on the roster after finishing at the top of the freshmen pack in cross country. A native of Sheldon, Iowa, she was a state champion in the 1500 meters. Megan Wagner, Keri Clevenger and Heather Muilenburg also should bolster the freshmen force after gaining experience in the cross country season last fall.

Although it looks solid in the jumps and running events, UNI looks to be thin in the throws and hurdles due to the graduation of two solid performers. Carla Decker was UNI's force in the throwing events, while Valerie Patterson turned in the top performances in the hurdles and heptathlon. But with time and experience, freshmen Brenna Fleishman and Carmen Osier should be able to bring the hurdles back to life. Much of the throwing duties will be handled by junior Jackie Merkwon.

"This group of kids comes out and practices hard every day," Shaddox said. "With their confidence and energy, they could surprise a lot of people."

Emily Montgomery



Panther Profiles



Brandy Bramblette

Senior, Middle Distance
Cedar Falls, Iowa (Cedar Falls H.S.)

AT UNI: Placed 36th at the Missouri Valley Conference cross country meet last fall after a 25th-place finish as a junior, her best collegiate meet...finished fifth in the mile at the Iowa State Holiday Classic in December...just missed scoring at the '94

conference indoor meet, placing seventh in the mile run...took second in the mile at the UNI-Dome Open a year ago.

BEFORE UNI: Metro and Big Eight Conference champion for the Tigers...earned all-state honorable mention...three times all-conference.

PERSONAL: Born April 13, 1973...daughter of Denis and Karen Bramblette...majoring in Public Relations.



Keri Hamilton

Senior, High Jump
Cedar Falls, Iowa (Cedar Falls H.S.)

AT UNI: The Panthers' second-leading high jumper last season, her best effort was 5-3 3/4 outdoors at the Jim Duncan Invitational, 5-2 1/2 indoors at the Missouri Valley Conference Championships...won the UNI-Dome Open and finished third at the

Duncan Invitational...received honorable mention to the MVC all-academic team.

BEFORE UNI: Captured state high jump title as a senior...earned all-conference honors in track, volleyball and softball...played on the state championship basketball team.

PERSONAL: Born October 16, 1972...daughter of Larry and Barb Hamilton...majoring in Elementary Education.



Theresa Lux

Senior, Sprints
Salix, Iowa (Westwood H.S.)

AT UNI: Attended Morningside and Arkansas State before transferring to UNI...earned all-conference honors last outdoor season by running on the MVC champion 4 x 400 relay team...scored in the conference indoor meet last season by

placing sixth in the 400-meter dash.

BEFORE UNI: Named all-conference at Westwood High in track, volleyball and basketball...also lettered three years in softball.

PERSONAL: Born August 21, 1973...daughter of Darrell and Carole Lux...majoring in Management/Human Resources.



Jennifer Bradford

Junior, Distance
Guthrie Center, Iowa (Guthrie Center H.S.)

AT UNI: Logged UNI's top times in the mile run indoors and 3000 meters outdoors last season...received honorable mention last year for MVC all-academic team...scored at the conference indoor meet by finishing sixth in the mile run.

BEFORE UNI: Academic all-conference all four years in high school...state cross country participant in '89...member of 4 x 800 relay at state for two years...captain of high school cross country team.

PERSONAL: Born March 20, 1974...daughter of Jim and Mary Bradford...majoring in Math Education.



Dianna Leftridge

Junior, Long Jump/Triple Jump
Waukee, Iowa (Johnston H.S.)

AT UNI: One of the greatest jumpers in Northern Iowa history, she holds the school record in the long and triple jumps both indoors and outdoors...set a school record in the triple jump in her first UNI meet a year ago while competing in the event for the first

time...won the Missouri Valley Conference long jump title indoors and outdoors last season; finished second in the outdoor triple jump and third indoors...competed at the NCAA Outdoor Championships in the long jump and finished 17th; also provisionally qualified in the triple jump...runs on the school recordholding 4 x 100 relay team that provisionally qualified for the NCAA meet.

BEFORE UNI: Transferred to UNI after lettering as a freshman at Iowa State...a four-time high school letterwinner who won the Illinois long jump title...scored more points than any other competitor in the state meet as a senior...ran in the Junior TAC Olympics and placed 10th and 11th...also lettered in basketball.

PERSONAL: Born January 14, 1973...daughter of David and Mahalie Leftridge...majoring in Geography.



Laura Little

Junior, Middle Distance
Des Moines, Iowa (Roosevelt H.S.)

AT UNI: A two-year letterwinner who was named to the all-conference team by running on the third-place indoor distance medley relay squad...coming off a strong cross country season in which she placed second among UNI's runners and 22nd overall at the

Missouri Valley Championships...was UNI's lone academic all-conference representative.

Panther Profiles

BEFORE UNI: Won the Drake Relays 4 x 400 in 1991...part of relay team that won state track in 4 x 100, 4 x 400 and distance medley...finished third in state cross country meet in 1991.

PERSONAL: Born December 18, 1973...daughter of Bill Little...majoring in Finance and Economics.



Emily Montgomery

Junior, Middle Distance
Woodbury, Minn. (Woodbury H.S.)

AT UNI: One of the Panthers' most consistent distance/middle distance runners the past two seasons...UNI's top cross country performer the last three seasons, she has placed 12th and fifth at the last two conference meets...logged the team's top times in

the 800 and 1500 meters outdoors a year ago...a member of the school recordholding distance medley teams both indoors and outdoors...as a freshman, set the school record in the indoor 800 in her first collegiate meet.

BEFORE UNI: A three-time all-stater in cross country in high school...earned all-state honors three years in track in three events—high jump, 400 meters and 800 meters...won the Minnesota state high jump title in 1989...earned all-conference honors three years in cross country skiing.

PERSONAL: Born November 12, 1973...daughter of Richard Montgomery...majoring in Community Health.



Heather Sellers

Junior, Sprints
Chariton, Iowa (Chariton H.S.)

AT UNI: Earned her first Division I all-conference honor last indoor season by running on the third-place 4 x 400 relay team that took third at the Missouri Valley meet...won the 600 meters at the UNI-Dome Open (1:39.72)

BEFORE UNI: Transferred to Northern Iowa a year ago after earning NCAA Division III indoor and outdoor all-American honors the previous year as a freshman at Simpson College...placed three seasons at the state high school meet...also named to the all-conference softball team.

PERSONAL: Born December 2, 1973...daughter of Bruce and Terry Sellers...majoring in Public Relations.



Rhonda Eiben

Sophomore, Sprints
Sigourney, Iowa (Sigourney H.S.)

AT UNI: Picked up three all-conference awards in her first collegiate season, all while competing on relay teams--the conference championship 4 x 400 team outdoors, the 4 x 400 squad that finished

third indoors and the runnerup 4 x 100 team outdoors...ran the opening leg on the school recordholding 4 x 100 and 4 x 200 outdoor relays...had the Panthers' top 400-meter outdoor time a year ago...finished second in 200-meter dash at the Iowa State Invitational in December.

BEFORE UNI: The Iowa high school champion in 100, 200 and 400 meters as a senior...a member of the Drake Relays 4 x 100-meter champion in 1992...Drake Relays 100-meter champion in 1990...holder of seven track records at Sigourney High...four-time letterwinner in track and basketball...three-time letterwinner in volleyball.

PERSONAL: Born December 20, 1994...daughter of Jerry and Cindy Eiben...majoring in Elementary Education.



Amy Oleson

Sophomore, High Jump
Dubuque, Iowa (Senior H.S.)

AT UNI: Recorded the best UNI indoor and outdoor high jumps last season, clearing 5-6 1/2 at the conference indoor meet and 5-6 at the SEmotion Relays outdoors...placed third at the Missouri Valley outdoor meet for her first all-conference honor...placed 12th at

the MVC indoor meet.

BEFORE UNI: Won the Drake Relays title her senior year in the high jump...also holds the all-time Iowa high school high jump record at 5-10...a four-time track letterwinner who also earned three letters in basketball for the Rams.

PERSONAL: Born February 18, 1975...daughter of Jim and Deb Oleson...majoring in Leisure Services.



Denise Schmitz

Sophomore, Sprints
Sumner, Iowa (Sumner H.S.)

AT UNI: Ran on the 4 x 100-meter relay team that finished second at the conference outdoor meet, broke the school record and provisionally qualified for the NCAA Championships...had the eighth-best time in the MVC in the indoor 200 during the

season...won the 200 at the Iowa State Invitational in December...a member of the school recordholding 4 x 200 relay team outdoors.

BEFORE UNI: Took second place in the 100 and 200 at '93 state track meet...also named all-conference in volleyball.

PERSONAL: Born December 7, 1974...daughter of Gary and Cathy Schmitz...majoring in Business.

Coaches



Head Coach Lea Ann Shaddox

The Northern Iowa women's track and field program has reached a new level of success in the nine years since Lea Ann Shaddox has headed the Panther program. As Shaddox enters her 10th season at the helm, Northern Iowa has become consistently competitive in the tough Missouri Valley Conference and, although the Panthers

haven't captured a conference title yet, they have moved up in the standings nearly every year.

Shaddox was appointed head coach in May of 1985 after serving as a graduate assistant at the University of Iowa.

Shaddox specializes in coaching UNI's middle distance and distance runners and also heads the Panther cross country program. In 1991, she was voted Gateway Conference Coach of the Year by her peers after leading the Panthers to a third-place finish. Also in '91, UNI had its first qualifier to an NCAA meet and, just last season, had its first All-American.

A Bernard, IA, native, Shaddox graduated from Aquin High School in Cascade, IA. She received her bachelor's degree in Spanish with minors in physical education and English with a coaching endorsement from UNI in 1977. She earned her master's degree in physical education from Iowa in 1985.

From 1977 through 1984, Shaddox was a secondary teacher and head women's track and cross country coach and assistant women's basketball coach at Marquette School in West Point, IA. She coached several state cross country and track qualifiers at Marquette.



Assistant Coach Terri Soldan

Terri Soldan is in her ninth season as a full-time assistant coach with the Panthers. She joined Coach Lea Ann Shaddox's staff in August of 1986 after completing work on her master's degree in physical education at the University of Iowa.

Soldan, a native of Richmond, MI, competed in track and field, throwing the shot, discus and javelin while an undergraduate at Iowa.

After completing her B.A., she became a graduate assistant at Iowa, and it was there she met Shaddox, who was also a graduate assistant at the time.

Soldan specializes in coaching the throwers, jumpers, sprinters and hurdlers.

Freshmen to Watch...



Brenna Fleishman

Freshman, Hurdles
Carlisle, Iowa
(Carlisle H.S.)

BEFORE UNI: Holder of eight school records at Carlisle including all hurdles and relay events...an eight-time placewinner at the state meet including three-time runnerup...also earned all-conference honors in basketball and volleyball.

PERSONAL: Born February 28, 1976...daughter of Wayne and Kathleen Fleishman...majoring in Criminology.



Cindra Schelling

Freshman, Distance
Sheldon, Iowa
(Sheldon H.S.)

BEFORE UNI: State champion in 1500 meters her senior year...holder of four high school records...all-state and all-conference cross country and track...all-academic cross country and track...state runnerup in cross country...state runnerup in 800 meters in 1993.

PERSONAL: Born November 24, 1975...daughter of Hank and Bev Schelling...majoring in Sports Psychology.



Megan Wagner

Freshman, Distance
Cascade, Iowa
(Cascade H.S.)

BEFORE UNI: The 1500-meter state champion in 1993...Class 2A cross country champ in 1993 and runnerup in '90...a three-time all-conference cross country performer who also was a member of the elite all-state team in cross country twice and the all-state track team twice.

PERSONAL: Born October 4, 1975...daughter of Joseph and Mary Jo Wagner...major is undecided.

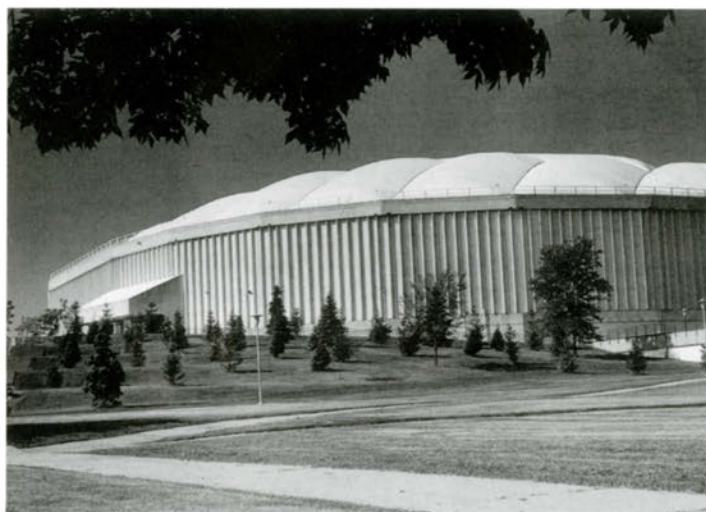
Facilities

The UNI-Dome is a unique, multi-purpose athletic facility built in 1976 which has a reputation as one of the finest indoor track facilities in America.

It has been the site of numerous nationally prominent meets such as the Central Collegiate Conference Championships, the Mid-Continent Conference Championships, the AIAW National Championships and is annually the site of the premier indoor high school track meet in Iowa, the A.D. Dickinson Relays. In February of 1993, in just its second year in the conference, Northern Iowa hosted the Missouri Valley Conference Championships.

A glance at the UNI-Dome records list shows some of America's finest athletes, both past and present, have competed in the facility in its 19-year history.

The Dome combines the features of a fieldhouse, football stadium and large auditorium. In addition to top track and field events, it also has hosted NCAA football playoffs and will be the home of the 1997 NCAA Division I Wrestling Championships.



UNI-Dome

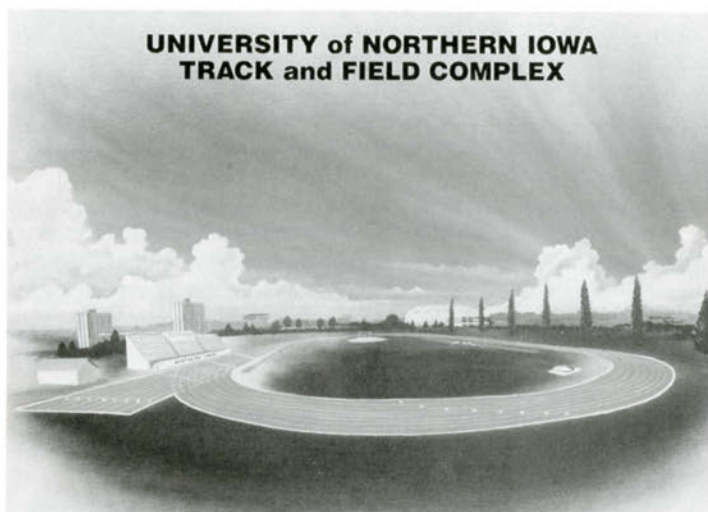
Approximately 16,400 spectators can be seated for football games and track meets and 10,000 for courtside activities.

The facility provides an ideal training atmosphere for the Northern Iowa track and field program. The Panthers are able to train in the Dome from November to April, utilizing all the field event stations simultaneously due to the spacious arrangement on the arena floor.

With one of the fastest 200-meter indoor tracks in America to call home, the Panthers annually attract some of the finest teams in the Midwest to their home meets.

In the very near future, Northern Iowa will be able to claim some of the finest overall track and field facilities anywhere with the construction of a new outdoor track and field complex on campus.

The new facility will feature a 400-meter track with eight 48-inch lanes, the latest polyurethane surface and all field event stations. Ground is expected to be broken on the new facility in 1995.



Proposed Outdoor Facility

UNI-Dome Records

55-Meter Dash.....	6.76, Holli Hyche, Indiana State (1993)	5000 Meters.....	17:34.62, Debbie Ramseyer, Indiana St. (1991)
55-Meter Hurdles.....	7.82, Scyla Murray, Western Illinois (1991)	4 x 220-Yard Relay.....	1:37.70, Nebraska (1982)
200 Meters.....	23.18, Holli Hyche, Indiana State (1993)	Mile Relay.....	3:44.66, Texas (1982)
400 Meters.....	56.15, Angie Kent, Illinois State (1993)	Two-Mile Relay.....	8:47.26, Florida State (1982)
600 Meters.....	1:32.39, Metria Bell, Illinois State (1993)	Distance Medley.....	11:21.92, Virginia (1982)
800 Meters.....	2:12.11, Gina DeWitt, Drake (1994)	High Jump.....	6-1 3/4, Gale Charmaine, Arizona (1982)
1000 Meters.....	2:52.44, Joanna Johnson, Drake (1993)	Long Jump.....	20-8 1/2, Donna Thomas, North Texas (1982)
1500 Meters.....	4:40.74, Jane Brooker, Unattached (1988)	Shot Put.....	54-11 3/4, Rosemarie Blauch, Tennessee (1982)
Mile Run.....	4:52.37, Rosalind Cassidy, Illinois State (1987)	Triple Jump....	39-10 1/2, Rachelle Huntley, SW Missouri (1993)
3000 Meters.....	9:45.90, Kathy Campbell, Western Illinois (1991)	Pentathlon.....	4,286 pts., Julie White, Boston Univ. (1982)

Missouri Valley Conference

Seeds for the creation of the Missouri Valley Conference were planted by eight administrators representing five institutions who gathered at the Midland Hotel in Kansas City, Mo., on January 12, 1907. Basketball became the first competitive sport and served as the initial step in establishing the MVC as one of the most respected leagues in the nation.

While MVC basketball and baseball have flourished in the national spotlight, Valley track and field and cross country athletes have been making their mark nationally as well.

MVC teams boast a proud, rich tradition in track and field and cross country and have produced numerous All-Americans over the years. In addition, several track and field athletes representing current MVC schools have competed in the Olympics. The most recent was former Southern Illinois standout Darrin Plab, a two-time national high jump champion in 1991 and '92, who competed in the 1992 Barcelona Games.

National champions and All-Americans aren't anything new for MVC teams. Plab is one of eight SIU national champions, while Drake has had five and Indiana State recently added Chris Lancaster, the 1990 NCAA outdoor high hurdles champion, to the honor roll.

The 1992-93 academic year was a landmark year for the conference when, for the first time ever, it began administering women's programs.

The women's squads have brought their share of tradition to the Valley. Two former Southern Illinois stars, Connie Price-Smith and Shelly Zack, competed in the Olympics for the second time in 1992.

Other recent standouts include Indiana State's Holli Hyche, a double NCAA champion.

MVC athletes have excelled in the classroom as well. Peter Bednekoff, a track athlete from Tulsa, earned a Rhodes scholarship in 1988. Indiana State's Kyle Hobbs, an NCAA cross country qualifier in 1991, is an Academic All-American, as was SIU's Mark Stuart in 1992.

In addition to track and field and cross country, the Missouri Valley Conference sponsors the following sports: baseball, men's and women's basketball, men's and women's golf, men's soccer, softball, men's and women's tennis and women's volleyball.

Members of the Missouri Valley Conference include: Bradley University, Creighton University, Drake University, Illinois State University, Indiana State University, the University of Northern Iowa, Southern Illinois University, Southwest Missouri State University, the University of Tulsa, Wichita State University and the University of Evansville, which became the league's 11th member in last July 1.

1994 MVC Championships Results

Indoor

1. Indiana State	130
2. Illinois State	99
3. Southern Illinois	85
4. Southwest Missouri State	79
5. Northern Iowa	66
6. Drake	58
7. Wichita State	8
8. Tulsa	1

Outdoor

1. Indiana State	145
2. Southern Illinois	113
3. Illinois State	90.33
4. Wichita State	75
5. Southwest Missouri State	73.33
6. Northern Iowa	63
7. Drake	59.33
8. Tulsa	1

Cross Country

1. Drake	56
2. Indiana State	58
3. Illinois State	72
4. Southern Illinois	87
5. Northern Iowa	122
6. Wichita State	148
7. Southwest Missouri State	168
8. Tulsa	242
9. Evansville	278
10. Creighton	282
11. Bradley	290



Missouri Valley Conference

Northern Iowa Records

Indoor

55-Meter Dash	6.85, Shantel Twiggs (1994)
55-Meter Hurdles	8.43, Amy Wheeler (1992)
200 Meters	24.12, Shantel Twiggs (1994)
300 Meters	39.72, Shantel Twiggs (1994)
400 Meters	57.00, Dyan Fluhrer (1992)
600 Meters	1:33.60, Diane Black (1990)
600 Yards	1:24.97, Jacque Askeland (1993)
800 Meters	2:13.53, Paula Nemmers (1993)
1000 Meters	2:54.74, Barb Clark (1988)
Mile Run	5:00.30, Julie Mazzitelli (1993)
3000 Meters	9:59.64, Julie Mazzitelli (1993)
5000 Meters	17:38.04, Sandy Elsberry (1983)
4 x 160-Meter Relay	1:24.1, Jackson, Ropa, Soehner, Federspiel (1983)
4 x 200-Meter Relay	1:41.30, Twiggs, Fluhrer, Depew, Shedd (1992)
4 x 220-Yard Relay	1:42.99, Twiggs, Fluhrer, Depew, Shedd (1992)
4 x 400-Meter Relay	3:48.09, Shedd, Jeschke, Isaacson, Black (1991)
4 x 440-Yard Relay	3:52.56, Twiggs, Depew, Askeland, Fluhrer (1993)
4 x 800-Meter Relay	9:05.64, Sueppel, Clark, Allen, Organ (1988)
Distance Medley Relay	11:54.64, Nemmers, Little, VanDePol, Montgomery (1994)
Shot Put	48-3 1/4, Lisa Tatman (1989)
Long Jump	19-5, Dianna Leftridge (1994)
High Jump	5-7 3/4, Karen Smith (1987)
Triple Jump	38-4 1/4, Dianna Leftridge (1994)
Pentathlon	3,314 pts., Karen Smith (1987)

Events No Longer Competed or Competed Infrequently

50-Yard Dash	6.28, JoeAnn Jackson (1982)
60-Yard Dash	7.14, JoeAnn Jackson (1983)
60-Meter Dash	8.04, Karla Federspiel (1980)
50-Yard Hurdles	8.18, Cathy Rardin (1982)
60-Yard Hurdles	8.44, Sue Buffington (1976)
60-Meter Hurdles	9.44, Roxanne Meyer (1983)
220 Yards	26.57, Karla Federspiel (1980)
300 Yards	36.57, Karla Federspiel (1982)
440 Yards	57.94, Karla Federspiel (1983)
500 Meters	1:18.99, Natalie Sueppel (1985)
880 Yards	2:16.85, Darsi Evans (1987)
1000 Yards	2:35.72, Natalie Sueppel (1987)
1500 Meters	4:41.94, Kris Skov Wallace (1982)
Two-Mile Run	10:40.40, Suzie Scheer (1984)
Three-Mile Run	16:29.24, Sandy Elsberry (1985)
4 x 110-Yard Relay	53.14, Wentzein, Strub, Norris, Franke (1979)
4 x 880-Yard Relay	9:06.60, Organ, Clark, Evans, Sueppel (1987)

Outdoor

100-Meter Dash	11.20, Shantel Twiggs (1994)
100-Meter Hurdles	14.84, Sue Buffington (1977); Cathy Rardin (1982)
400-Meter Hurdles	1:05.24, Deb Schmeling (1980)
200 Meters	23.12, Shantel Twiggs (1994)
400 Meters	53.74, Sherry Shedd (1992)
800 Meters	2:11.43, Barb Clark (1988)
1500 Meters	4:33.46, J'ne Day (1982)
Mile Run	5:04.84, Kris Skov Wallace (1982)
3000 Meters	9:52.74, Sandy Elsberry (1984)
5000 Meters	17:11.14, Sandy Elsberry (1984)
10,000 Meters	36:06.04, Suzie Scheer (1984)
4 x 100-Meter Relay	45.52, Eiben, Leftridge, Schmitz, Twiggs (1994)
4 x 200-Meter Relay	1:37.38, Eiben, Leftridge, Schmitz, Twiggs (1994)
4 x 400-Meter Relay	3:45.07, Fluhrer, Depew, Twiggs, Shedd (1992)
4 x 800-Meter Relay	9:02.56, Evans, Clark, Organ, Sueppel (1987)
Mile Relay	3:50.44, Twiggs, Depew, Askeland, Fluhrer (1993)
Distance Medley	11:53.75, VanDePol, Surber, Nemmers, Montgomery (1994)
Sprint Medley Relay	4:00.37, Shedd, Davis, Black, Allen (1990)
Shot Put	48-0, Lisa Tatman (1988)
Discus	146-0, Kristie Oleen (1990)
Javelin	148-7, Donna Wheeler (1988)
Long Jump	21-3, Dianna Leftridge (1994)
High Jump	5-7, Jeanette Brown (1982); Karen Smith (1987)
Triple Jump	41-9 1/4, Dianna Leftridge (1994)
Heptathlon	4,639 pts., Karen Smith (1987)

Events No Longer Competed or Competed Infrequently

220 Yards	25.91, Tracy Wentzien (1979)
880 Yards	2:21.61, Deb Schmeling (1980)
Two-Mile Run	11:09.47, Shirley Walker (1979)
Six-Mile Run	37:57.74, Terri Leisinger (1979)
440-Yard Relay	50.32, Howard, Wentzien, Kenney, Federspiel (1980)
880-Yard Medley	1:45.15, Jackson, Ropa, Federspiel, Rardin (1982)
800-Meter Medley	1:44.43, Twiggs, Davis, Shedd, Black (1990)
Mile Relay	3:50.44, Twiggs, Depew, Askeland, Fluhrer (1993)
Two-Mile Relay	9:21.94, Evans, Saunders, Clark, Sueppel (1986)

NCAA Qualifying Standards

Indoor

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55-Meter Dash	6.85	--	6.98	--
55-Meter Hurdles	7.72	--	7.95	--
200 Meters	(a)24.08	--	24.65	--
	(b)23.88	--	24.45	--
	(c)23.58	--	24.15	--
400 Meters	(a)54.20	53.9	55.90	55.6
	(b)53.60	53.3	55.30	55.0
	(c)52.90	52.6	54.60	54.3
800 Meters	(d)2:07.50	2:07.2	2:10.40	2:10.1
	(c)2:06.70	2:06.4	2:09.60	2:09.3
Mile	(d)4:44.00	4:43.7	4:51.00	4:50.7
	(c)4:42.60	4:42.3	4:49.60	4:49.3
3,000 Meters	(d)9:24.00	9:23.7	9:45.00	9:44.7
	(c)9:21.80	9:21.5	9:42.80	9:42.5
5,000 Meters	(d)16:18.00	16:17.7	16:55.00	16:54.7
	(c)16:14.90	16:14.6	16:51.90	16:51.6
1,600 Relay	(a)3:40.35	3:40.1	3:46.10	3:45.8
	(b)3:37.75	3:37.5	3:43.50	3:43.2
	(c)3:35.15	3:34.9	3:40.90	3:40.6
Mile Relay	(a)3:41.60	3:41.3	3:47.35	3:47.1
	(b)3:39.00	3:38.7	3:44.75	3:44.5
	(c)3:36.40	3:36.1	3:42.15	3:41.9
Distance Medley - Meters				
	(d)11:22.00	11:21.7	11:40.00	11:39.7
	(c)11:18.00	11:17.7	11:36.00	11:35.7
Distance Medley-Yards				
	(d)11:25.50	11:25.2	11:43.50	11:43.2
	(c)11:21.50	11:21.1	11:39.50	11:39.2
High Jump	1.86	6-1 1/4	1.76	5-9 1/4
Long Jump	6.33	20-9 1/4	6.07	19-11
Triple Jump	12.90	42-4	12.40	40-8 1/4
Shot Put	16.00	52-6	14.55	47-9

Outdoor

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	11.38	--	11.65	--
200 Meters	23.18	--	23.85	--
400 Meters	52.60	52.3	54.15	53.9
800 Meters	2:05.00	2:04.7	2:08.50	2:08.2
1,500 Meters	4:19.50	4:19.2	4:26.00	4:25.7
Mile	4:39.76	4:39.5	4:47.28	4:47.0
3,000 Meters	9:18.00	9:17.7	9:40.00	9:39.7
5,000 Meters	16:22.00	16:21.7	16:55.00	16:54.7
10,000 Meters	34:10.00	34:09.7	35:30.00	35:29.7
100 Hurdles	13.35	--	13.82	--
400 Hurdles	57.65	57.4	59.90	59.6
400 Relay	44.34	44.1	45.40	45.1
440-Yard Relay	44.54	44.3	45.60	45.3
1,600 Relay	3:33.50	3:33.2	3:40.00	3:39.7
Mile Relay	3:34.70	3:34.4	3:41.20	3:40.9
High Jump	1.87	6-1 1/2	1.76	5-9 1/4
Long Jump	6.50	21-4	6.20	20-4 1/4
Triple Jump	13.10	42-11 3/4	12.50	41-0 1/4
Shot Put	16.05	52-8	14.60	47-10 3/4
Discus	53.00	173-11	48.50	159-1
Javelin	51.74	169-9	46.50	152-7
Heptathlon	5,500 points		5,075 points	

(a) = Size of track under 200m/220y

(b) = Size of track 200m/220y

(c) = Size of track over 200m/220y

(d) = Size of track 200m/220y or less

1995 Schedule

Indoor

Dec. 2	Iowa State Holiday Meet	Ames
Jan. 21	Panther Invitational	Cedar Falls
Jan. 28	Redbird Invitational	Normal, Ill.
Feb. 3	Mercantile Bank Invitational	Cedar Falls
Feb. 10-11	Cyclone Classic	Ames
Feb. 17	UNI-Dome Open	Cedar Falls
Feb. 24-25	Missouri Valley Conference Championships	Normal, Ill.
Mar. 3	ISU National Qualifying Meet	Ames
Mar. 11-12	NCAA Division I Indoor Championships	Indianapolis, Ind.

Outdoor

Mar. 22	International Friendship Games	Kingston, Jamaica
Apr. 7-8	SEmotion Relays	Cape Girardeau, Mo.
Apr. 14-15	Jim Duncan Invitational	Des Moines
Apr. 21-22	Kansas Relays	Lawrence, Kan.
Apr. 28-29	Drake Relays	Des Moines
May 6	Nike Invitational	Minneapolis, Minn.
May 17-20	Missouri Valley Conference Championships	Springfield, Mo.
May 31- June 3	NCAA Division I Outdoor Championships	Knoxville, Tenn.